How BIG is Your Ecological Footprint?

Worksheet

Directions: *Use the formulas below[*] to calculate your ecological footprint. For a more detailed analysis, measure your footprint at www.myfootprint.org.*

1. **Food**: In an average week how much of the following items do you eat?

Fruits and veggies:	_____ lbs. x 133 = _____	(US average: 7.5 lbs.)
Chicken:	_____ lbs. x 280 = _____	(US average: 1.25 lbs.)
Pork:	_____ lbs. x 650 = _____	(US average: 1 lb.)
Beef:	_____ lbs. x 3,300 = _____	(US average 2.2 lbs.)
Fish:	_____ lbs. x 900 = _____	(US average .33 lb.)
Cereal/rice/pasta:	_____ lbs. x 144 = _____	(2-3 servings = 1 lb.)
Number of eggs:	_____ lbs. x 104 = _____	(US average = 4.7 eggs)

2. **Housing**: How big is your house or apartment? (Average new home in the US is 2,120 square feet.)
   Multiply the square footage of your home by 1.4: ____, then divide by the number of occupants: ____.

3. **Motor vehicle use**: How much gas do you use? (US average 12[†] gallons per week.)
   Multiply the number of gallons of gasoline you use in an average week by 110: ____.

4. **Air transportation**: How many hours per year do you fly? (US average is 4[‡] hours per year.)
   Multiply the number of hours you spent in the air in the past year by 100: _____.

5. **Energy consumption**: Check your utility bills. (US average 1027 kw hrs/month, TH = 8[§])
   Multiply the number of kilowatt-hours consumed in an average month by 5.5 = ____.
   Multiply the therms of natural gas consumed in an average month by 14: ____.

6. **Water consumption**: Check your water bill. (The average household uses 300-400 gallons a day.)
   Multiply the estimated gallons use of water per day by 1.1: ____.

7. **Waste production**: (The average US resident generates about 30 lbs. of waste per week.)
   Multiply the estimated lbs. of recycled waste by 20: ____.
   Multiply the estimated lbs. of nonrecycled waste per week by 28: ____.

8. **Other**: The average US resident uses 222 lbs. of materials every day, only a portion of which is accounted in the above calculations. The impact of recreation and industry are among the many indirect ways we add to our footprint. A multiplier of 1.3 is used to capture these and other impacts.

FIGURE YOUR TOTAL:
Add up the subtotals from the seven categories and multiply by 1.3: ____.
Take this total and divide by 1,000 to get your footprint in acres: ____. (US average is 25.)

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[*] From Resources, Population, and Consumption taken from Footprint Calculation Sheet by Jason Venetoulis and Monty Hempel, 1999. Based on data from Rees and Wackernagel.

[†] from fueleconomy.com

[‡] From bureau of transportation statistics, www.bts.gov.

[§] Kilowatt hour numbers from "State of the World 2004" by The Worldwatch Institute. W.W. Norton & Co. 2004, P. 9. TH numbers from Eric Rubin's bill.